



Iced hazelnut zabagliones



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



1733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g hazelnuts toasted
- ☐ 400 ml double cream
- ☐ 85 g brown sugar
- ☐ 3 egg yolk
- ☐ 5 tbsp plum brandy sweet
- ☐ 4 tbsp nutella
- ☐ 2 tbsp plum brandy sweet
- ☐ 2 tsp coffee dissolved in 2 tbsp boiling water instant

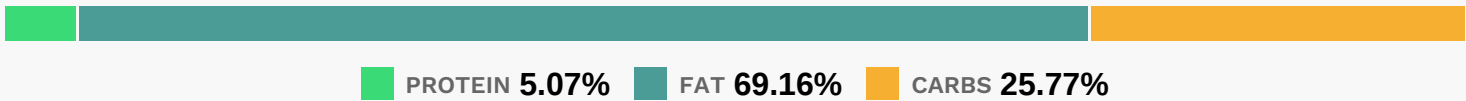
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ Put all sauce ingredients into a small pan, bring to the boil, whisking, then let it cool completely to a silky, thickened sauce.
- ☐ Whizz all but 1 tbsp of the nuts in a small food processor until fine. Very roughly chop the rest, then set aside. Softly whip the cream with 1 tbsp sugar.
- ☐ Put the rest of the sugar into a pan, add 100ml water, then slowly heat until the sugar has dissolved. Turn up the heat, boil for 1 min, then take off the heat.
- ☐ Line two individual pudding basins or ramekins with cling film.
- ☐ Put the egg yolks and Marsala into a large bowl over a pan of hot water, then whisk until it starts to thicken and get foamy. Keep the beaters running and trickle the sugar syrup into the mix. Keep beating for about 5 mins until the mixture is thick and holds a trail. Take off the heat, then whisk until cooled.
- ☐ Add the cream, whisk again, then fold in the ground nuts with a metal spoon.
- ☐ Ripple half the sauce through the mix, spoon into the moulds, then fold the cling film over. Freeze the remaining mix in a tub or make more individual puds, if you like. Freeze for at least 4 hrs or overnight to set.
- ☐ Turn onto plates, then let ices sit for 10 mins to soften a little. Scatter over the chopped nuts, then pour a little sauce over to serve.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:12.9, Inflammation Score:-9, Nutrition Score:36.277391205663%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Petunidin: 3.48mg, Petunidin: 3.48mg, Petunidin: 3.48mg, Petunidin: 3.48mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg Malvidin: 49.79mg, Malvidin: 49.79mg, Malvidin: 49.79mg, Malvidin: 49.79mg Peonidin: 2.06mg, Peonidin: 2.06mg, Peonidin: 2.06mg, Peonidin: 2.06mg Catechin: 5.77mg, Catechin: 5.77mg, Catechin: 5.77mg, Catechin: 5.77mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg, Epicatechin: 4.08mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 1732.89kcal (86.64%), Fat: 132.17g (203.34%), Saturated Fat: 72.1g (450.63%), Carbohydrates: 110.85g (36.95%), Net Carbohydrates: 102g (37.09%), Sugar: 93.47g (103.85%), Cholesterol: 518.95mg (172.98%), Sodium: 114.62mg (4.98%), Alcohol: 8.03g (100%), Alcohol %: 2.27% (100%), Caffeine: 36.58mg (12.19%), Protein: 21.79g (43.58%), Manganese: 3.85mg (192.67%), Vitamin E: 13.72mg (91.45%), Vitamin A: 3359.11IU (67.18%), Copper: 1.29mg (64.75%), Phosphorus: 488.93mg (48.89%), Vitamin B2: 0.71mg (41.96%), Magnesium: 156.11mg (39.03%), Iron: 7mg (38.9%), Selenium: 25.92µg (37.03%), Fiber: 8.85g (35.38%), Calcium: 345.42mg (34.54%), Vitamin B1: 0.48mg (32.11%), Vitamin D: 4.68µg (31.18%), Folate: 114.75µg (28.69%), Potassium: 1001.97mg (28.63%), Vitamin B6: 0.52mg (26.24%), Vitamin B5: 2.12mg (21.17%), Zinc: 3.17mg (21.11%), Vitamin B12: 1.05µg (17.47%), Vitamin K: 15.15µg (14.43%), Vitamin B3: 1.79mg (8.96%), Vitamin C: 4.36mg (5.28%)